

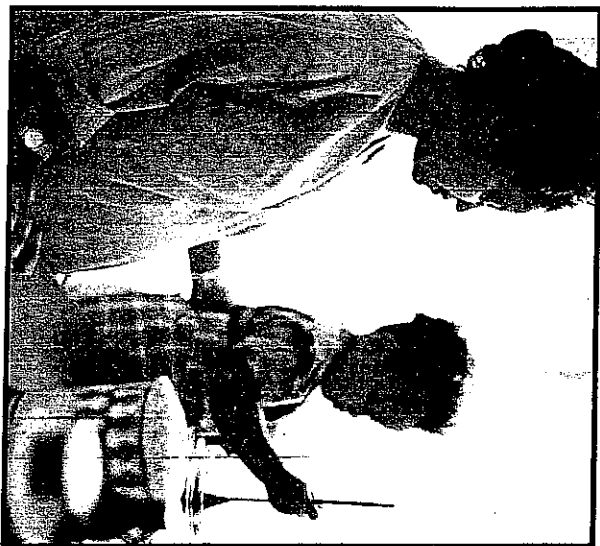
Frequently Asked Questions

Does WIC Overseas cost me anything?

There are no enrollment fees or costs to you. The WIC Overseas program is a Department of Defense benefit available to those who qualify.

How can I find out if I qualify for the WIC Overseas program?

You should contact your local WIC Overseas office for an appointment with a counselor who will determine your eligibility. WIC Overseas offices are listed with your base or installation information operator.



Can I substitute food items if the commissary does not have the exact item listed on my draft?

No, you cannot make any substitutions or get rain checks. Keep your draft to use when the item is in stock. Make sure you are aware of the expiration date on your draft.

www.tricare.osd.mil



Can I have someone else shop for me?

Yes, you may have a "proxy" shop for you. First you must have your proxy formally registered with your WIC Overseas office. Please ask your WIC Overseas counselor for the appropriate paperwork.

If I am in the WIC program stateside, can I continue my participation when I'm transferred overseas?

Yes, you can continue participation in the program without re-certification or re-enrollment. You must, however, call your local WIC Overseas office to make arrangements to switch to the WIC Overseas drafts. Your participation will continue uninterrupted for the rest of your certification period.

Can I use my WIC Overseas drafts in any store?

Unlike the stateside WIC program where WIC is accepted at a variety of stores, the WIC Overseas drafts can only be used in commissaries and NEXMARTs.

For More Information

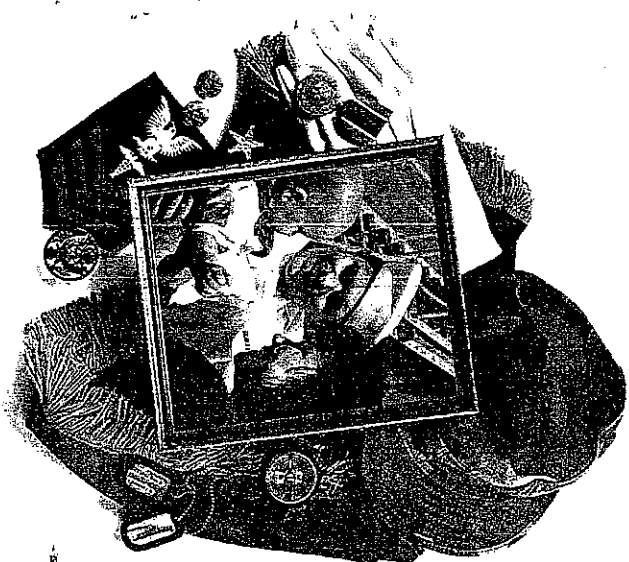
Contact a WIC Overseas office. The telephone number is listed with your base or installation information operator.

Daughters WIC Overseas
CMR 431
APO AE 09175
CIV. 06151-951-6895

www.tricare.osd.mil

DEPARTMENT OF DEFENSE

The Women, Infants, and Children (WIC) Overseas Program



www.tricare.osd.mil

The Women, Infants, and Children (WIC) Overseas Program



Introduction

Beginning in 2001, the Department of Defense is offering the Women, Infants, and Children (WIC) Overseas nutrition program for eligible participants overseas. WIC Overseas is a program that provides you and your family several important benefits: nutritious food that will contribute to a healthier diet, tips on how to prepare a balanced meal, nutrition and health screening, and access to other resources to lead a healthier life. Children benefiting from WIC in the United States eat more nutritious food and have reduced rates of iron deficiency anemia. Research also shows that better eating habits help children become better students. Now WIC is available to eligible mothers-to-be, mothers, and children who are part of the Department of Defense family overseas.

Eligibility for WIC Overseas

Members of the Armed Forces, civilian employees and contractors of the Department of Defense living overseas, and family members may be eligible to participate in the WIC Overseas program.

The program provides benefits while women are pregnant and after they deliver their babies. Mothers who are breastfeeding may be eligible to participate until the child's first birthday. Otherwise, benefits may be provided to the mother until her infant is six months old.

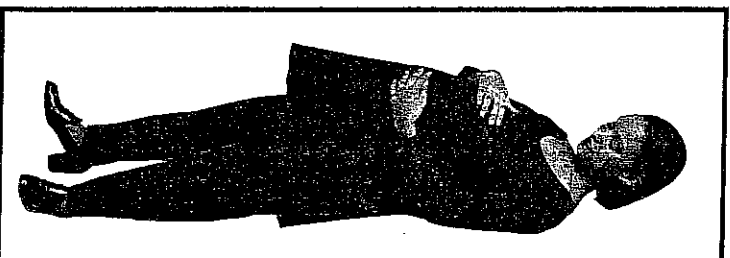
WIC Overseas also provides nutritional benefits for children, helping them achieve a wholesome, balanced diet. Eligible children may participate up to age five.

Income and family size, as well as certain other criteria, are considered when determining your eligibility. Your WIC Overseas

counselor will advise you concerning these criteria.

You may also be eligible if you have participated in the stateside WIC program.

Please contact your local WIC Overseas office to see if you and your children are eligible for WIC Overseas nutritional benefits. Your WIC Overseas counselor will help you determine if you can join the program and, if so, will help you get started.



How It Works

The WIC Overseas program is designed to supplement the food you regularly buy with additional nutritional food items. Once you are a program participant, your nutrition counselor will customize diets to fit your family's needs and lifestyle. Then you will receive redeemable food coupons called "drafts" for specified food and quantities. You can only exchange your drafts for those specific food items in commissaries and NEXMART's overseas.

The WIC Overseas program offers nutritious food that contributes to a healthy diet for you and your family. The program is staffed with the finest professionals who provide ideas for meal planning, food preparation, and recipes that are nutritionally based, delicious, and easy to prepare.

Once you join the WIC Overseas program, your counselor will give you an approved food list that specifies exactly which types and brands of food you can obtain. The following food items are generally available through the WIC Overseas program:

- | | |
|---|-----------------------------|
| • iron-fortified infant formula and infant cereal | • cheese |
| • iron-fortified adult cereal | • peanut butter |
| • vitamin C-rich fruit | • dried beans or peas |
| and/or vegetable juice | • canned tuna |
| • eggs | • vitamin A-rich vegetables |
| • milk | |

In addition to nutritious food and meal planning, WIC Overseas provides nutritional screening and testing for your children. These screenings may identify medical conditions early so that you can see proper medical advice for your child.